

*CLAIMS*

**WHAT IS CLAIMED IS:**

1. A visual training method, comprising:

a first step of displaying respective separate targets for right and left eyes of a

5 trainee; and

a second step of moving positions of the separate targets displayed for the right and left eyes in directions of respective optical axes of the right and left eyes while simultaneously moving the positions in horizontal directions perpendicular to the optical axes of the right and left eyes until visual lines of the right and left eyes incline outward

10 toward the end.

2. The method according to claim 1, wherein

in the second step the positions of the targets are moved further beyond far points in the optical axis directions while the positions of the targets are aligned with focal points of the right and left eyes.

15 3. The method according to claim 1, wherein

in the second step the targets are moved in the optical axis directions and in the horizontal directions perpendicular to the optical axes of the right and left eyes in parallel until they reach predefined positions in the optical axis directions, and thereafter the targets are moved only in the horizontal directions perpendicular to the optical axes.

20 4. The method according to claim 2, wherein

in the second step the targets are moved in the optical axis directions and in the horizontal directions perpendicular to the optical axes of the right and left eyes in parallel until they reach predefined positions in the optical axis directions, and thereafter the targets are moved only in the horizontal directions perpendicular to the optical axes.

25 5. The method according to claim 1, wherein

in the second step positions in which the visual lines of the right and left eyes incline outward toward the end are in the proximity of far points on the optical axes.

6. The method according to claim 2, wherein

in the second step the positions in which the visual lines of the right and left eyes

5 incline outward toward the end are in the proximity of far points on the optical axes of the right and left eyes.

7. The method according to claim 3, wherein

in the second step the positions in which the visual lines of the right and left eyes

incline outward toward the end are in the proximity of far points on the optical axes of the

10 right and left eyes.

8. The method according to claim 3, wherein

the predefined positions in the optical axis directions are in the proximity of a position +0.25 Dp further from the far point.

9. The method according to claim 3, wherein

15 the visual lines of the right and left eyes are parallel to each other at the predefined positions in the optical axis directions.

10. The method according to claim 4, wherein

the visual lines of the right and left eyes are parallel to each other at the predefined positions in the optical axis directions.

20 11. The method according to claim 5, wherein

the visual lines of the right and left eyes are parallel to each other at the predefined positions in the optical axis directions.

12. A visual training method comprising:

a first step of displaying respective separate targets for right and left eyes of a

25 trainee;

a second step of moving positions of the separate targets displayed for the right and left eyes in directions of respective optical axes of the right and left eyes while simultaneously moving the positions in horizontal directions perpendicular to the respective optical axes of the right and left eyes until visual lines of the right and left eyes incline 5 outward toward the end;

a third step of measuring refractivities of the right and left eyes;

a fourth step of determining positions to which the separate targets are moved in the optical axis directions, according to results of the measurement in the third step; and

a fifth step of returning to the second step to move the separate targets to the 10 positions determined in the fourth step and thereafter executing the third and fourth steps again.

13. A visual training device comprising:

a target display section for displaying respective separate targets for right and left eyes of a trainee;

15 an optical axial movement section for moving positions of the separate targets displayed for the right and left eyes in directions of respective optical axes of the right and left eyes; and

a horizontal movement section for moving the separate targets displayed for the right and left eyes in horizontal directions perpendicular to the optical axes of the right and 20 left eyes until visual lines of the right and left eyes incline outward toward the end.

14. The device according to claim 13, wherein

the target display section is means for projecting an image serving as a target.

15. A visual training device comprising:

a target display section for displaying respective separate targets for right and left 25 eyes of a trainee;

a refractivity measuring section for measuring refractivities of the right and left eyes;

an optical axis moving section for moving positions of the separate targets displayed for the right and left eyes in directions of respective optical axes of the right and 5 left eyes, according to the refractivities of the right and left eyes measured by the refractivity measuring section; and

a horizontal movement section for moving the separate targets displayed for the right and left eyes in horizontal directions perpendicular to the optical axes of the right and left eyes according to the refractivities of the right and left eyes measured by the refractivity 10 measuring section until visual lines of the right and left eyes incline outward toward the end.

16. The device according to claim 15, wherein

the target display section is means for projecting an image serving as a target.

17. The device according to claim 15, further comprising a display section for simultaneously displaying a positional change of the targets caused by the horizontal 15 direction moving section and the refractivities of the eyes of the trainee measured by the refractivity measuring section.

18. A visual training method comprising:

a first step of displaying respective separate targets for right and left eyes of a trainee; and

20 a second step of moving the separate targets displayed for the right and left eyes in horizontal directions perpendicular to optical axes of the right and left eyes until visual lines of the right and left eyes incline outward toward the end.